pulse

New England Deaconess Hospital
Boston, Massachusetts

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Publishing News of the New England Deaconess Hospital

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I have learned through Dr. Cook that the employees of the Deaconess Hospital are starting a publication in the interest of the employees and the hospital. I want to congratulate you and wish you every success. The Deaconess Hospital, in my opinion, is the greatest hospital on earth. I love it and will do anything for it. I am, therefore, interested in any movement for its benefits and in those who work to promote its interests.

HOWARD D. BREWER, *President, Board of Trustees.*

Yesterday a baby was born in the Deaconess. That doesn't happen very often, as you know, for we are not a Maternity Hospital. Today we see a new venture being born here in the first issue of a publication for the employees of the Hospital. We want this new message to be not only interesting but of real help and inspiration to each person who works here, and in this way create a spirit which will stimulate the whole hospital.

For those who bear the responsibility of editing and publishing I wish every success, and pledge my help whenever needed. If I am ever asked to help, I want to do it as an employee of the hospital—one of you—and not as the administrator, for this is an employees' paper and should remain so.

Best wishes to you all.

WARREN F. COOK, *Administrator.*

We present to you the first copy of your paper. It is small, and so will be an incomplete record of activities, we know. With your co-operation it will grow and become a vital part of this institution. Without it, it will fail. We hope, we know you will want it to succeed. Turn items in to members of the Staff. Space may prohibit printing them all, but if this happens often we will enlarge the paper!

Our first request for help is for a name. Let's put a name in place of that question mark! Send an entry for the Name Contest to the Editors not later than October 16th. Announcement of the winning name and contestant will be made in the November issue and a prize awarded. Send in your entries.

When the Deaconess published its first house organ 25 years ago, the paper was nameless. Many suggestions were considered, but it wasn't until three issues later, December 1946, that the name PULSE was selected. The name was submitted by Mrs. Esther Waldsmith, a switchboard operator at NEDH for 17 years.

Annual bazaar ushers in Yuletide season

The annual Friends of the Deaconess Christmas Bazaar is the first event to welcome in the seasonal celebrations at NEDH. Scheduled for 9:00 a.m. on Friday, December 3, the bazaar will offer a variety of gift ideas, holiday decorations and delectable food items. Come early to Central lobby before the selection is depleted.

Proceeds from the traditional bazaar benefit the NEDH School of Nursing. Mrs. James T. Mountz is chairman of the bazaar and with Mrs. George I. Rohrbough is co-chairman of the Christmas table. Other Friends of the Deaconess who are serving as division chairman are: Mrs. S. St. John Morgan, household table; Mrs. Richard S. Paige, children's table; Mrs. Elton Watkins Jr., food table; and Mrs. Jackson N. Norris, flower table.

Miss Phyllis Giardini, head nurse on Central 3, is in charge of the candy table sponsored by the alumnae association of the NEDH School of Nursing, and Miss Vera Russell, recreation director, is responsible for the white elephant table.

Individuals who would like to contribute saleable items should place them in the white elephant barrel in Central lobby or send them to the volunteer or the nursing offices.

Deaconess Holiday Calendar

December 3	**Friends of the Deaconess Bazaar** *Central Lobby at 9 a.m.*
December 9	**School of Nursing Glee Club Concert** *Joslin Auditorium at 8 p.m.*
December 13	**Miss Howland's Christmas Tea** *Harris Hall from 2:30 to 5 p.m.*
December 22	**Employee Christmas Party** *Cafeteria from 2 to 4 p.m.*

Pathologists honor Dr. Copeland with award

Proudly admiring the Ward Burdick Award presented in Boston to Dr. Bradley E. Copeland, clinical pathologist, at the annual meeting of the American Society of Clinical Pathologists and College of American Pathologists during the last week of October are Dr. William A. Meissner (right), chairman of the department of pathology, and Dr. Copeland. Given to one pathologist a year, the award commends the Deaconess pathologist for "his meritorious contributions to the science of clinical pathology."

Employees in action . . .

Mrs. Paula Ainsworth, R.N., instructor in the NEDH School of Nursing, was a semi-finalist in the Women's Golf Association Championship at the Charles River Country Club in late July. She is a former Townsend Cup and Chris Eaton Trophy winner.

Miss Nancy Dolan, R.N., cardiac clinician at the Deaconess, spoke to over 200 nurses, September 14, at the 40th Annual Meeting of District Five of the Massachusetts Nurses Association on "The Role of the Nurse Clinician in a General Hospital."

Miss Lois Preston, R.N., associate director of the nursing service department, was elected president of District Five of the Massachusetts Nurses Association at the organization's annual meeting September 14. Proceeding her election, Miss Preston served the organization as first vice president and program committee chairman.

PROFILE: Miss Lois Preston

The ability to look back at life with satisfaction is a goal toward which most people aspire and it is one of which Miss Lois Preston, R.N., can be assured. Associate director of the nursing service department, Miss Preston generates an avid interest in people, her profession and her family. An individual of marked charm and efficiency, she dedicates herself to living life to its fullest.

Miss Preston's association with the Deaconess Hospital began in 1938 when she entered her freshman year at the NEDH School of Nursing. A strong Methodist background guided Miss Preston in her choice of nursing diploma schools and since her family lived in Weymouth, Mass., the choice brought her within a close proximity of home.

After graduation in 1941, Miss Preston became a full-time staff nurse at the Deaconess and a part-time student in the Boston University School of Nursing where she received her bachelor's degree in nursing education in 1953. During the years she was in school, she worked in various positions at the Deaconess including: operating room nurse, assistant head and head nurse, and supervisor.

A scholarship from the Kellogg Foundation permitted Miss Preston to take an educational leave of absence from her hospital responsibilities while studying for a master's degree in nursing administration. After obtaining the degree from Boston University in 1955, she returned to NEDH as the first assistant director of the nursing service department.

Explaining her philosophy of a nurse's role as one that revolves around service, the petite brownette smilingly says, "The best possible care to patients is our most important challenge. In the department we also strive to provide opportunities for our nursing personnel to gain personal satisfaction in their work."

The entire nursing department derives satisfaction from their work with the patients. A recent letter from a gentleman patient discharged from Baker 5, personalizes this happy feeling. The man also gave the nursing staff on Baker 5 an album of the photographs he took while on the unit.

"This excerpt from the letter reflects the tangible sense of satisfaction we need," states Miss Preston. "*'Never has one person owed so much to so many. Although I was* 1,200 *miles from home, I never felt alone. I came through a great ordeal thanks to the help, understanding and warmth of the people around me.'*"

Miss Preston's warmth and congeniality are but two personality traits that help her obtain the goals of her department. In 1957 when she became associate director of nursing service, Miss Preston assumed various responsibilities that encourage her to assert her individuality and professionalism.

"My job is one of delegation so that although I visit the units as frequently as possible, I do not have a lot of personal contact with the patients. Primarily my contact is with supervisors, coordinators and nurse clinicians," explains the lady. Whenever Miss Ellen D. Howland, director of nursing, is away from the hospital, Miss Preston assumes full responsibility for the nursing service department.

Keeping up-to-date with the largest department in the hospital is not a casual responsibility for Miss Preston. As chairman of the supervision committee, and of the staff nurse, L.P.N. and nursing aide sections of the nursing service council, Miss Preston meets regularly with these groups. In addition, nurse clinicians and supervisors are interviewed every other week by this busy lady.

Working closely with other departments in the hospital is another aspect of Miss Preston's position. The most active cooperative effort is maintained between the personnel and nursing service department because Miss Preston interviews staff nurses, supervisors and head nurses before a final decision is made on their employment.

Graceful dedication to her profession is a life style for Miss Preston. For the last three years, she served as first vice president and program chairman of District Five of the Massachusetts Nurses Association (MNA) and in September 1971, was elected president of the 3,100 member division.

The purposes of the MNA are in close alignment with those of the nursing service department at NEDH. This, of course, makes the organization a natural outlet for Miss Preston's talents and interests.

An active member of the NEDH Alumnae Association, Miss Preston served as its president before becoming assistant treasurer in 1969. She held this position until the association's recent annual meeting when she was named to its board of directors.

In addition to these active memberships, Miss Preston is a member of Sigma Theta Tau, the national honorary society of nursing; the National League for Nursing (NLN) and the American Nurses Association. On a 1968 cross-country venture with her only sister, Glennys, Miss Preston planned the trip to include an NLN convention on the West Coast. More important, however, to Miss Preston and her sister was the opportunity to attend the 102nd birthday party of a great aunt who lived in San Diego, California.

Traveling is a pastime that Miss Preston thoroughly enjoys. She spent one vacation in the Maritime Provinces where she drank in the scenery of Nova Scotia, New Brunswick and the Cabot Trail. When Miss Preston's sister and brother-in-law were in Europe fulfilling a military obligation in 1954, Miss Preston took advantage of the rare opportunity and visited them. Together they saw many out-of-the-way places in Germany, France, Austria and Switzerland.

Miss Lois Preston, R.N.

A family-oriented lady, Miss Preston until last spring divided her home life between the family residence in Weymouth, Mass., and her apartment on Autumn Street. A jack-of-all trades, she could be seen with a paint brush or hammer in hand at almost any given point as she happily worked to keep both dwellings in good condition. She could also be seen enjoying the out-of-doors in Weymouth by raking leaves, shoveling snow or mowing the lawn during the appropriate seasons. These latter pastimes are ones she'll miss now that she and her mother have moved permanently to Boston.

Miss Preston used to be an active sports participant and frequently visited the tennis or basketball courts with her friends. To the benefit of hospital bowlers, she also was active in the bowling league for many years.

In April 1971, Miss Preston received a 30-year service award pin in recognition of her professional contributions to the hospital. It is fortunate for the Deaconess that people such as Miss Preston devote so many unselfish years to the hospital. The atmosphere of friendliness and warmth that permeate NEDH comes from employees who, like Miss Preston, dedicate themselves to the betterment of mankind.

Mrs. Terry retires after 24 years

A retirement party was given in honor of Mrs. Lillian Terry, diet aide, October 14. The afternoon gathering recognized 24 years of continual service to the Deaconess. Twenty of those years were spent exclusively on Deaconess 2.

Throughout her years of work at NEDH, Mrs. Terry always said that she'd "make it to 25 years," but when her husband suffered a heart attack a few months ago, she decided that an early retirement was in order. At the party, Mr. Peter Campisano, administrative assistant, presented Mrs. Terry with a silver charm bracelet and a 24-year charm in behalf of the hospital.

Mrs. Lillian Terry, diet aide, receives a gift and words of appreciation for her 24 years at the Deaconess from Mr. Peter Campisano, administrative assistant.

Since her retirement, Mrs. Terry and her husband have moved to Newport, R. I., where members of Mr. Terry's family live. The couple plans to relax and enjoy their well-deserved leisure.

Mrs. Terry has four children by a former marriage: Emma, Lillian, Richard and Leona. All are married and live in New England. Ten grandchildren challenge the adults in the family "to keep pace with them."

A family-oriented person, Mrs. Terry loves to crochet, bake and cook. Many of the sweaters, ponchos and vests she crochets are given as gifts as are her special holiday baked goods.

Pathology alumni hold festive reunion dinner

Every year at the meeting of the American Society of Clinical Pathologists (ASCP), the alumni of the Deaconess pathology residency program gather at a special dinner to reminisce and renew old acquaintances. There are now over 200 members of the alumni group and this year, since the ASCP meeting was in Boston, the reunion was a particularly festive occasion with about 90 pathologists and their wives present. The dinner party was held October 26, at the Bay Club.

The alumni club is named in honor of Dr. Shields Warren, pathologist-in-chief of NEDH from 1927 to 1962. Known as the S-W Club, the group of alumni began their yearly dinner meetings about 20 years ago.

Norwich House patients move to Deaconess 4

An atmosphere of antiquated charm intrigues visitors who enter Norwich House. The building's foyer sports high ceilings and its lounges offer an individuality that frequently is lost in today's more modern structures. Used as the hospital's psychiatric unit since 1959, the house eventually will be demolished to make room for additional pathology laboratories and a radiation therapy center.

Norwich House patients and staff members will transfer to Deaconess 4 as soon as the floor's renovations are complete. The unit's new location will increase patient capacity from 19 to 27, and will provide more viable working conditions for the staff.

Before it centralized in Norwich House, the psychiatric unit did not exist as an organized entity. Psychiatric in-patients were scattered throughout the hospital and the only stabilized portion of the unit was the treatment room on Deaconess 1 for electric shock therapy.

A cohesiveness of staff and closeness of patients have characterized this unit since its centralization in Norwich House. Staff solidarity results from the fact that several have been at the unit since it opened 12 years ago. The closeness also stems from the type of unit and the need of staff to be conscious of patient relations and, therefore, their own interactions at all times. Patients develop many close relationships among themselves because of the type of program at the unit and their ensuing ability to work together at a peer level.

Daily "group" meetings have been part of the Norwich House program for the past year. Although they were held before last year, the group meetings were sporadic and left few opportunities for follow-up actions or comments. These routine meetings of all patients and nursing service personnel are largely the result of efforts made by Miss Barbara Hoyle, R.N. and recently appointed assistant head nurse with specific responsibility for staff education on the unit.

"Groups help the patients and staff members understand mutual and personal problems. They provide time for patients to complain about each other or the staff, and just talk about general disenchantments," explains Miss Hoyle. "In turn, the individuals can defend themselves directly, no third-party hassles result and manipulation decreases. Group meetings are not used as direct therapy, but provide everyone with a democratic opportunity to weigh complaints and share ideas."

Miss Hoyle and Miss Tegie Gibson, recreational therapist, are the individuals who most frequently lead group discussions. They enter groups with a possible topic in mind, but after a discussion begins they react more as spectators than as leaders,

The activity program at the unit has undergone some basic changes since Miss Gibson joined the staff a year ago. It is now less structured and provides diversions other than arts and crafts.

"People don't just sit and make things at home everyday, so in order to simulate a more natural setting, we may have crafts in the morning and then in the afternoon go for a walk or visit a museum or local store," asserts the petite recreational therapist. "Walks keep people involved with other people and there is always a need for fresh air, physical exercise and new surroundings."

Crafts remain an important part of the therapy program since they help instill self confidence in the patients. Selected projects all have one thing in common; they can be completed within a few days. This enables the patient to see the results of his efforts within a short period of time and, therefore, feel an immediate sense of accomplishment.

Usually more than one person works on a selected art project and the patients frequently go to each other for help. Sometimes Miss Gibson encourages patients to participate in activities such as playing cards, scrabble, ping pong or charades. A light exercise program featuring preliminary yoga movements are also pursued during the morning hours. All activities are geared toward group interaction and support.

"We finger paint a great deal because it's expressive and has no boundaries. Sometimes I ask patients to show emotions like depression, happiness or fear through their finger paintings. I do it right along with them because it not only gives patients support, but I enjoy it," laughs Miss Gibson.

The arts and crafts room is crowded when 10 or 12 people come down for

Discussing the unit's pending move to Deaconess 4 while enjoying a cup of coffee on the Norwich House sun porch are: (l. - r.) Dr. John Lockhart, psychiatrist; Miss Barbara Hoyle, assistant head nurse; and Mrs. Eldora Tobey, head nurse.

activities and one thing to which Miss Gibson looks forward is the increased amount of space provided for her facet of the unit on Deaconess 4. "L" shaped, the new recreational therapy room is designed to facilitate more patients and allow for a greater variety of activities.

Every ambulatory patient in the unit eats his meals in the Norwich dining room. A staff member is always present to help serve the meal and to encourage, not coax, disinterested patients to eat their food. A unit dining room will also be available in the new Deaconess 4 location and since it will not require access by a stairway, as is the case in Norwich House, it will be more convenient to

Miss Tegie Gibson, recreational therapist, discusses a painting project with one of the unit's patients. Various forms of patient art work are displayed in the background.

serve the occasional patient who is confined to bed for a special test.

Staff interaction with patients is never ending at Norwich House. The short term nursing unit admits patients for an average stay of two to three weeks and during that time, the administration of medications is even used as a method of helping patients.

"The patients know their medication times and come to us for the dosages," states Mrs. Eldora Tobey, R.N. and head nurse. "This makes them assume more responsibility for their own care which they naturally will have to do after they are discharged from the hospital."

Constructively filling their patients' days is a continual project for staff members. They begin by encouraging new patients to do small things like make their own beds and fill water pitchers so that the patients quickly realize that even during a depression, they can be functional. When patients start to share their daily responsibilities, they learn to communicate with each other, begin to regain self respect and realize that they are not alone in their situation.

"There is more personal contact in this unit than in many others. We get to know a patient's emotional problems and his family history as well as any physical disabilities," explains Mrs. Tobey.

The Deaconess is one of the first hospitals in the Boston area to use lithium as a treatment for manic depressives. Like any drug, lithium creates side effects such as tremor, nausea or fluid retention in some patients. By careful screening of patients who receive lithium, the psychiatric unit has successfully used the drug to the extent that it has helped to prove lithium's value for patients suffering from frequent cyclical mood swings.

"All major types of treatment are precribed for patients admitted to the unit," explains Dr. Walter I. Tucker, chief psychiatrist from Lahey Clinic. "Somatic therapies in the form of anti-depressive and tranquilizing drugs, occasional lobotomies and electric shock treatments are administered in addition to psychotherapy treatments such as hypnosis, behavioral and dynamic therapy."

"Three groups of patients receive electric shock treatments here," explains Mrs. Muriel Bayne, R.N. in charge of treatments at the hospital. "There are those from within the unit who require them, ambulatory patients from other nursing units and out-patients. The choice of treatments is on a strictly volunteer basis."

After a patient receives an electric shock treatment and awakens from his anesthetic sleep, he is given coffee or tea and toast on the sun porch that adjoins the first-floor treatment room. A similar lounging area will be available for patients in the unit's Deaconess 4 location.

The change of location for the psychiatric unit will enhance patient care

Dr. Walter I. Tucker, psychiatrist, helps a patient work out a problem at the unit.

because it is designed specifically to meet the patients' needs. Long-term staff members, however, can't help but feel pangs of nostalgia for the old home, soon to be vacant, that housed the unit during its formative years.

Traditional Candlelighting Ceremony welcomes 67 freshmen nursing students

"Follow the ideals that brought you to tonight" charged Miss Ellen D. Howland, director of nursing, to the 67 members of the class of 1974. After five weeks of classes, the freshmen donned their newly designed student uniforms and, in front of proud parents who crowded the Joslin Auditorium, they were officially welcomed to the Deaconess School of Nursing with the traditional Candlelighting Ceremony.

Held October 15 at 8:00 p.m., the program began with an invocation by Chaplain Ralph A. Curtis. Preceding the gracious ceremony, Mr. R. D. Lowry, executive vice president, greeted the class in behalf of the hospital and Miss Howland spoke about the traditions and future of a nursing career.

As Mrs. Jane Chapman, assistant director of the school, announced each freshman's name, Miss Howland pinned an NEDH identification pin on the uniforms. Miss Karen Umphrey, student council president, then assisted the freshmen in lighting their individual candles.

The lighting of candles symbolizes the transference of responsibilties of the nursing school and nursing profession. A large candle, from which each small taper is lit, represents the past and the smaller candles represent the future. The ceremony combines the heritage of nursing and at the end, the flickering candles offer the promise of a bright future.

The assembled class, with lit candles in hand, recited the declaration of purpose in unison under the leadership of Miss Umphrey. A tremor arose from the audience when the auditorium lights dimmed and the only visible objects were the glowing candles and the bright faces of the freshmen. The class filed from the auditorium singing "Follow the Gleam."

African businessmen visit NEDH

As a teaching hospital, the Deaconess expresses its educational concern for people associated indirectly as well as directly with the medical community. For the past few years, administrators have taken time to share their professional lives with businessmen studying at Arthur D. Little, Inc. On a summer field trip, 35 African scholars spent time at the hospital to learn something of the intricacies of hospital management.

Mr. R. D. Lowry, executive vice president, talked to the businessmen about the operational and fiscal management of the Deaconess. Following this discussion, the young men were taken on tours of the hospital by: Miss Ellen Adams, assistant director; Mr. Hubert Sycamore, assistant director; and Mr. Peter Campisano, administrative assistant.

The 35 men represented 14 African nations. They were participants in the First Workshop in the Management Process, a new eight-week program for African students attending universities in the United States.

Hours Change

The Friends of the Deaconess Coffee and Thrift Shops have recently changed their operating hours. Weekend hours for the coffee shop are from noon until 5:30 p.m. and weekday hours are from 9:30 a.m. to 4:00 p.m.

Thrift shop employees now work under their regular winter schedule. They close the shop on weekends and on Thursdays and are open from 10:00 a.m. to 3:00 p.m. on the remaining weekdays.

New uniforms for NEDH nursing students were donned this year by the Class of 1974. Freshmen Cherise Cleveland and Carl Stone note a sharp contrast in style compared to the uniform worn by Miss Karen Umphrey, senior and student council president.

Down the Aisle

ENGAGED

Marilyn A. Donahue, third year student in the NEDH School of Nursing, is engaged to **Colin T. Murphy,** a student at Boston State College and an employee in the hospital's maintenance and engineering department.

Patricia A. Kelley, NEDH School of Nursing Class of 1970 and an R.N. on Palmer 5, plans to marry Joseph J. Conway, a medical student at Tufts University Medical School, on November 27, 1971.

Jean Purcell, senior at the NEDH School of Nursing, is betrothed to Lewis Walters, a senior at the Stamford (Conn.) Hospital School of Radiology.

Darlene Jo Young, senior at the NEDH School of Nursing, is engaged to Rev. Roy A. Barnes, pastor of Greenville and Shirley Methodist Churches, Maine.

MARRIED

Eileen Artesani, secretary in the School of Nursing, married William Sullivan, master plumber for the local union, October 9.

Carol Ann Critsley, a graduate of Chandler School for Women, married **Dr. Peter G. Drake,** a member of the anesthesiology staff, September 5.

Jennifer J. Cummings, NEDH School of Nursing Class of 1971 and an R.N. at Norwich House, became the wife of Richard J. Guzikowski, June 26.

Lorraine H. Laundre, 1969 graduate of NEDH's School of Nursing and an R.N. on Palmer 2, married Gordon S. Arnold Jr., a graduate of Bryant College, August 14.

Kathleen A. Lebuis, 1970 graduate of the nursing school and an R.N. on Palmer 3, married Edward Lopez Jr., a senior at Northeastern University, in early October.

Patricia M. Murphy, R.N. in the special care unit, became the wife of David H. Hall, a carpenter for a Natick company, on September 25.

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pulse

The New England Deaconess Hospital Complex, including the Medical Office Building at One Ten Francis Street, Lahey and Overholt Thoracic Clinics, the Joslin Diabetes Foundation, Inc., the Cancer Research Institute and the Shields Warren Radiation Laboratory, is internationally known for diagnosis, treatment and research in general medicine, brain and chest surgery, cancer and diabetes.

PULSE is published monthly by the Public Relations Department of the New England Deaconess Hospital.

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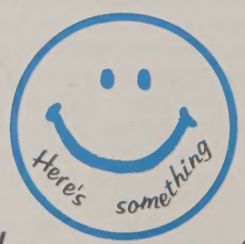

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